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HOMEMAKERS' CHAT
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**U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION**

(Release on receipt)

Subject: "After The Feast Is Over" Information from
The Production and Marketing Administration,
U. S. Department of Agriculture

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What will you feed the family.....after the feast is over? After a weekend of turkey, oyster dressing, rich gravies and other fattening foods, what are you hungry for? The grocer says he sells more green vegetables just after holiday meals than at almost any other time.

If your appetite doesn't register for any particular food, here are a few suggestions that will appeal to most people after they've been eating unusually rich foods.

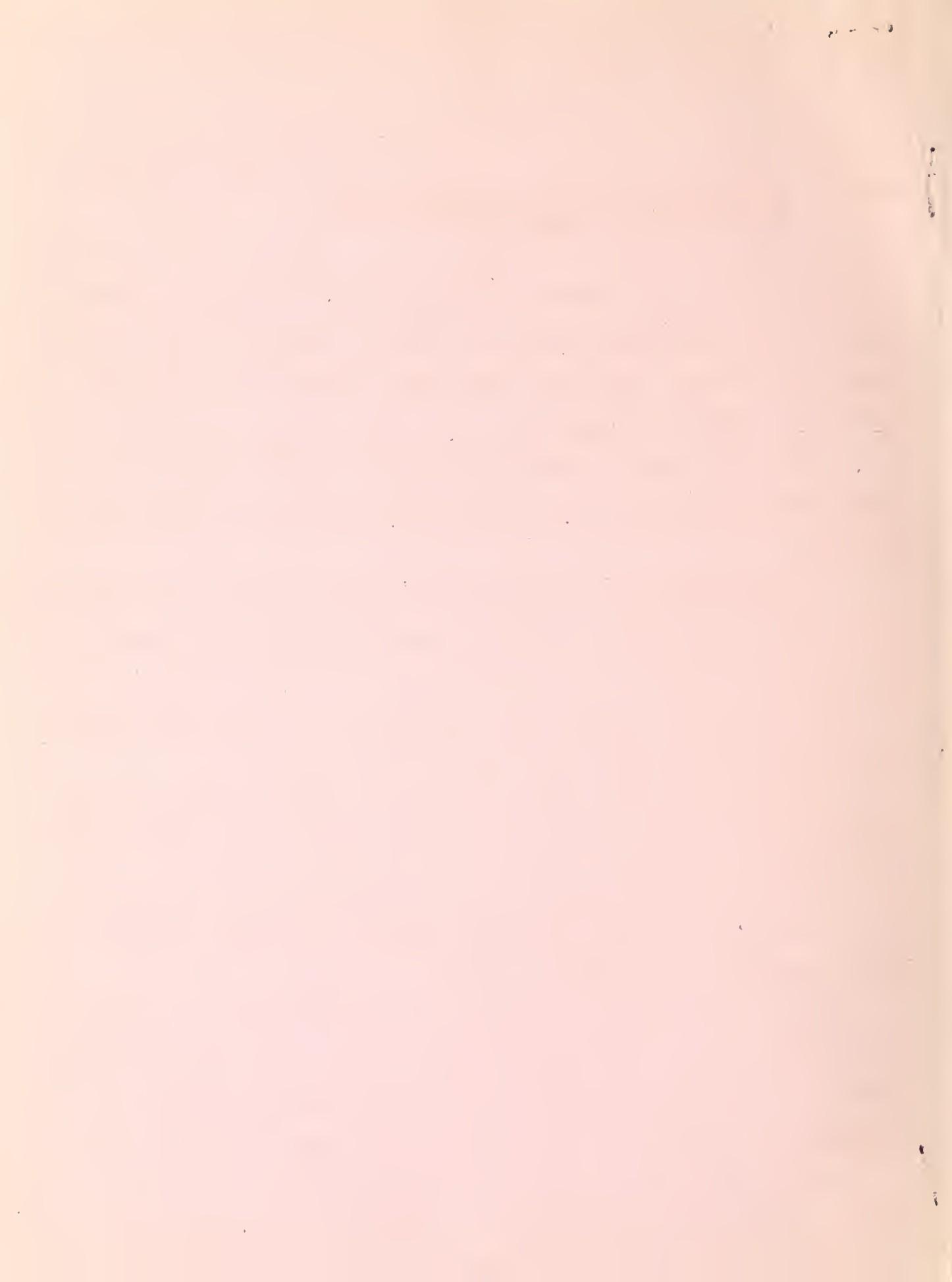
Old King Cabbage, big of heart and short of legs, commands the top position in the leafy vegetable crops. Cabbages have rolled to market in great, green piles this fall, full of flavor and vitamin value. The quality has been good, and prices reasonable. And this mild flavored vegetable is the multiple answer to your query about something to eat after the feast is over.

Cooked or raw, the chewy quality of cabbage is a welcome antidote for soft, rich foods, and you can serve it equally well at lunch or dinner. Boiled cabbage is raw material in one sense because you can start with boiled cabbage and turn out a dozen different dishes. Cabbage with cheese in a white sauce, and cabbage with meat seasoning, are two winter favorites.

Cabbage served raw with a sour dressing may satisfy even better than cooked cabbage for one of your "after the feast is over meals". You can add that personal touch by selecting something special, such as nuts or raisins or carrots, to combine with the cabbage slaw, if you want to lift it out of the prosaic class.

Another vegetable you can depend on to encourage the family appetite is carrots. A plate of raw carrot strips will disappear in a hurry when it's placed

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in an inviting spot on the dining table or alongside the bowl of nuts for between-meal nibbling.

Cabbage and carrots are suggestions from the vegetable counter. But you needn't stop there when you're looking for just the right appetite teaser for after Thanksgiving meals. The little mountains of oranges, grapefruit and lemons wave a bright invitation to enjoy their golden fruit. A glass of orange juice, lemonade, or a half of grapefruit, either at the beginning or the end of a meal, will help to dispel that stuffed feeling that often follows a day or two of heavy eating.

While we're talking about juices, we can't overlook another thirst quencher put up in tall cans and labeled tomato juice. The grocers' shelves are well filled, so it's an easy matter to transfer a few cans to your own shelves where you can draw on replacements when that refrigerator jar is drained of its last cold drop.

Tomato juice, citrus fruit and raw cabbage all have one mutual qualification to recommend them for frequent appearances on your table. That's Vitamin C, that indispensable Vitamin so essential to normal teeth, gums and skin tissues----one of the vitamins that helps to give you that glow of health.

During holidays when meals are often irregularly scheduled and usually richer than you're accustomed to, you'll find it's a good idea to use more of these bulky vegetables and juicy fruits.

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